



# EVIDENCE FOR DOULA SUPPORT IN CHILDBIRTH

In an effort to unite globally and to work together to enhance collaborative care with the medical team, doulas have come from around the world to sponsor FIGO 2023, the World Congress of Gynecology and Obstetrics.

These doulas and the organizations they represent are in full support of the International Childbirth Initiative's 12 Steps to Safe and Respectful MotherBaby-Family Maternity Care. Step 4 states, "Offer Continuous Support. Inform the mother of the benefits of continuous support during labour and birth, and affirm her right to receive such support from companion(s) of her choice."

The following list of studies and statements was compiled to provide access to the widely growing body of evidence showing benefits of doula support for the childbearing family and the care team.



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| Year | Title   | Author  | Source   |
|------|---|---|--|
| 2023 | <u>Doula Support and Pregnancy-Related Complications and Death Among Childbearing Women in the United States: A Scoping Review.</u>                                     | Crawford, A. D., Carder, E. C., Lopez, E., & McGlothen-Bell, K.   | Journal of Midwifery & Women's Health              |
| 2023 | <u>Collaborative relationships between doulas and maternity care providers when supporting migrant women during labour and birth</u>                                    | Khaw, S. M., Homer, C. S. E., Dearnley, R., O'Rourke, K., Akter, S., & Bohren, M. A.  | Midwifery, 125, 103791                             |
| 2023 | <u>Bridging Health Disparities and Improving Reproductive Outcomes With Health Center-Affiliated Doula Programs.</u>  | Marudo, C., Nicotra, C., Fletcher, M., Lanning, R., Nelson, M., & Hancock, C.   | Obstetrics and gynecology, 10.1097                 |
| 2023 | <u>Doula Care: A Review of Outcomes and Impact on Birth Experience.</u>   | Ramey-Collier, K., Jackson, M., Malloy, A., McMillan, C., Scraders-Pyatt, A., & Wheeler, S. M.  | Obstetrical & gynecological survey, 78(2), 124-127 |
| 2023 | <u>"An extra layer of pressure to be my best self": Healthcare provider perspectives on how doulas foster accountability and bridge gaps in pregnancy-related care.</u> | Reed, R., Nguyen, A., Armstead, M., Cuentos, A., Mystic, M. I., Arcara, J., ... & Gomez, A. M.  | SSM-Qualitative Research in Health, 3, 100259      |
| 2023 | <u>The Effect of Doulas on Maternal and Birth Outcomes: A Scoping Review.</u>   | Sobczak, A., Taylor, L., Solomon, S., Ho, J., Kemper, S., Phillips, B., Jacobson, K., Castellano, C., Ring, A., Castellano, B., & Jacobs, R. J. | Cureus, 15(5), e39451                              |
| 2022 | <u>Doula care across the maternity care continuum and impact on maternal health: Evaluation of doula programs across three states using propensity score matching.</u>  | Falconi, A. M., Bromfield, S. G., Tang, T., Malloy, D., Blanco, D., Disciglio, R. S., & Chi, R. W.  | Eclinical Medicine, 50                             |
| 2022 | <u>Doula Care and Maternal Health: An Evidence Review.</u>  | Knocke, K., Chappel, A., Sugar, S., De Lew, N., & Sommers, B. D.  | ASPE, Office of Health Policy Issue Brief          |
| 2022 | <u>The effects of not having continuous companion support during labour on pregnancy and neonatal outcomes during the COVID-19 pandemic</u>                             | Mok, Y. K., Cheung, K. W., Wang, W., Li, R. H. W., Shek, N. W. M., & Yu Ng, E. H.   | Midwifery, 108, 103293                             |
| 2021 | <u>An integrative review: the role of the doula in breastfeeding initiation and duration.</u>   | Acquaye, S. N., & Spatz, D. L.  | The Journal of perinatal education, 30(1), 29-47   |
| 2021 | <u>Countervailing powers in the labor room: The doula-doctor relationship in the United States</u>  | Adams, C., & Curtin-Bowen, M.   | Social science & medicine (1982), 285, 114296      |

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|------|---|---|---|
| 2021 | <u>The effects of doula care on birth outcomes and patient satisfaction in the United States.</u>   | Carlson, L.   | <a href="https://scholarworks.uark.edu/nursuht/160">https://scholarworks.uark.edu/nursuht/160</a> |
| 2021 | <u>Prospective risk from prenatal anxiety to post traumatic stress following childbirth: The mediating effects of acute stress assessed during the postnatal hospital stay and preliminary evidence for moderating effects of doula care.</u> | Rousseau, S., Katz, D., Shlomi-Polachek, I., & Frenkel, T. I.                     | Midwifery, 103, 103143  |
| 2021 | <u>On the Outside Looking In: A Global Doula Response to COVID-19.</u>  | Searcy, J. J., & Castañeda, A. N.   | Frontiers in sociology, 6, 613978   |
| 2020 | <u>Doula Programs Improve Cesarean Section Rate, Breastfeeding Initiation, Maternal and Perinatal Outcomes</u>  | Font, G., & Testani, E.   | Obstetrics & Gynecology, 135, 170S  |
| 2020 | <u>Community-based doula support for migrant women during labour and birth: study protocol for a randomised controlled trial in Stockholm, Sweden</u>   | Schytt, E., Wahlberg, A., Eltayb, A., Small, R., Tsekhmestruk, N., & Lindgren, H. | BMJ open, 10(2), e031290  |
| 2020 | <u>Companion of choice during labour and childbirth for improved quality of care: evidence-to-action brief</u>  | World Health Organization   | WHO/SRH/20.13<br><a href="#">World Health Organization</a>  |
| 2019 | <u>ACOG committee opinion no. 766: Approaches to limit intervention during labor and birth. (reaffirmed 2021)</u>   | ACOG Committee on Obstetric Practice  | ACOG.org  |
| 2019 | <u>Perceptions and experiences of labour companionship: a qualitative evidence synthesis</u>  | Bohren, M. A., Berger, B. O., Munthe-Kaas, H., & Tunçalp, Ö.                      | Cochrane Database of Systematic Reviews, (3). Art. No.: CD012449                                  |
| 2019 | <u>Hospital-based maternity care practitioners' perceptions of doulas.</u>  | Neel, K., Goldman, R., Marte, D., Bello, G., & Nothnagle, M. B.                   | Birth (Berkeley, Calif.), 46(2), 355-361  |
| 2018 | <u>A qualitative study of volunteer doulas working alongside midwives at births in England: Mothers' and doulas' experiences.</u>   | McLeish, J., & Redshaw, M.  | Midwifery, 56, 53-60.   |
| 2018 | <u>WHO recommendations on intrapartum care for a positive childbirth experience.</u>  | World Health Organization   | <a href="#">WHO.int</a>   |

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|------|---|--|--|
| 2017 | <u>Continuous support for women during childbirth</u>   | Bohren, M. A., Hofmeyr, G. J., Sakala, C., Fukuzawa, R. K., & Cuthbert, A.                                       | The Cochrane database of systematic reviews, 7(7), CD003766.             |
| 2017 | <u>Companion of choice at birth: factors affecting implementation.</u>  | Kabakian-Khasholian, T., & Portela, A.   | BMC pregnancy and childbirth, 17(1), 265                                 |
| 2017 | <u>Doula Services Within a Healthy Start Program: Increasing Access for an Underserved Population.</u>                  | Thomas, M. P., Ammann, G., Brazier, E., Noyes, P., & Maybank, A.   | Maternal and child health journal, 21(Suppl 1), 59-64.                   |
| 2016 | <u>Modeling the Cost-Effectiveness of Doula Care Associated with Reductions in Preterm Birth and Cesarean Delivery.</u> | Kozhimannil, K. B., Hardeman, R. R., Alarid-Escudero, F., Vogelsang, C. A., Blauer-Peterson, C., & Howell, E. A. | Birth (Berkeley, Calif.), 43(1), 20-27                                   |
| 2016 | <u>Disrupting the Pathways of Social Determinants of Health: Doula Support during Pregnancy and Childbirth.</u>         | Kozhimannil, K. B., Vogelsang, C. A., Hardeman, R. R., & Prasad, S.  | Journal of the American Board of Family Medicine : JABFM, 29(3), 308-317 |
| 2016 | <u>The value of the maternity care team in the promotion of physiologic birth.</u>                                      | Zielinski, R. E., Brody, M. G., & Low, L. K.   | Journal of Obstetric, Gynecologic & Neonatal Nursing, 45(2), 276-284.    |
| 2015 | <u>Doulas for childbearing women.</u>   | Ahlemeyer, J., & Mahon, S.   | MCN: The American Journal of Maternal/Child Nursing, 40(2), 122-127.     |
| 2014 | <u>Intrapartum support: what do women want? A literature review.</u>  | Ross-Davie, M., & Cheyne, H.   | Evidence Based Midwifery, 12(2), 52-58                                   |
| 2013 | <u>Impact of doulas on healthy birth outcomes.</u>  | Gruber, K. J., Cupito, S. H., & Dobson, C. F.  | The Journal of perinatal education, 22(1), 49-58                         |

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| 2013 | <u>Continuous support for women during childbirth.</u>  | Hodnett, E. D., Gates, S., Hofmeyr, G. J., & Sakala, C.                             | Cochrane database of systematic reviews, (7).                        |
| 2012 | <u>Intimate space within institutionalized birth: women's experiences birthing with doulas.</u>                 | Hunter C.   | Anthropology & medicine, 19(3), 315-326                              |
| 2011 | <u>After praise and encouragement: Emotional support strategies used by birth doulas in the USA and Canada.</u> | Gilliland, A. L.  | Midwifery, 27(4), 525-531  |
| 2008 | <u>Doctors and Doulas in the Labor and Delivery Suite.</u>  | Kuczkowski, K. M.   | Obstetric Anesthesia Digest, 28(1), 60.                              |
| 2007 | <u>Support to woman by a companion of her choice during childbirth: a randomized controlled trial.</u>          | Bruggemann, O. M., Parpinelli, M. A., Osis, M. J., Cecatti, J. G., & Neto, A. S. C. | Reproductive Health, 4(1), 1-7.                                      |
| 2007 | <u>Position statement: doulas and birth outcomes.</u>   | Plann, S. F.  | Obstet Gynecol, 110(2 pt 1), 330-339.                                |
| 2004 | <u>Continuous female companionship during childbirth: a crucial resource in times of stress or calm.</u>        | Pascali-Bonaro, D., & Kroeger, M.   | Journal of Midwifery & Women's Health, 49(4), 19-27.                 |
| 2003 | <u>Childbirth education and doula care during times of stress, trauma, and grieving.</u>                        | Pascali-Bonaro D.   | The Journal of perinatal education, 12(4), 1-7.                      |
| 2001 | <u>Doulas: an alternative yet complementary addition to care during childbirth.</u>                             | Kayne, M. A., Greulich, M. B., & Albers, L. L.                                      | Clinical obstetrics and gynecology, 44(4), 692-703.                  |
| 1999 | <u>Effects of providing hospital-based doulas in health maintenance organization hospitals.</u>                 | Gordon, N. P., Walton, D., McAdam, E., Derman, J., Gallitero, G., & Garrett, L.     | Obstetrics & Gynecology, 93(3), 422-426.                             |
| 1999 | <u>The obstetrical and postpartum benefits of continuous support during childbirth.</u>                         | Scott, K. D., Klaus, P. H., & Klaus, M. H.  | Journal of women's health & gender-based medicine, 8(10), 1257-1264. |